

**Abstract of the Disclosure**

A self-actuated cervical traction device is provided. The traction device includes a headpiece, a loop attached to the headpiece, a cord, a pulley system, and a foot engaging loop. The headpiece surrounds the head about the neck and is securable. The headpiece has a pair of symmetric connecting straps which are connected to a first anchor. The cord is connected to the first anchor and is then placed in communication with the pulley system. The pulley system is supported by a door, with the pulley on the same side of the door as the user. The cord would be placed through the pulley, where the direction of force would be changed. The cord would then be connected to a second anchor. The second anchor is further connected to a foot strap, which would be placed about the feet of the user. The headpiece would be correctly adjusted, and the patient would lie on their back on a horizontal surface. When the user extends their legs, the foot loop transmits force back through to the headpiece through the cord and attachments which stretches the muscles at the back of the neck and allow separation of the bones in the neck, causing a therapeutic effect.